

# clarke university COURIER

September 23, 2010

Dubuque, Iowa

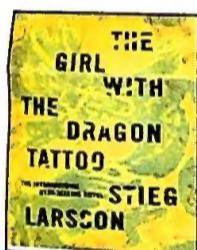
Issue No. 1

## campus life



Education majors visit Ecuador.

## arts etc.



A captivating novel from across the pond.

## sports



Meet the athletes of the fabulous freshman class.

## weather



Chance of thunderstorms. High 85. Low 61.

## Wireless woes caused by student use of routers

tyler oehmen  
sports editor

If you have a laptop here with you at Clarke, chances are you use the wireless network to access the Internet to do normal tasks such as checking email, researching online, and checking Facebook.

Many times there are issues using the wireless network. Often, the connection appears slow and is quite frustrating. Chances are you may have found yourself shouting at the computer or yelling to the sky how much you hate the Clarke Internet. It's a common misconception that the reason you get better Internet sitting and watching the soccer games on the soccer hill than you do in your dorm room is because Clarke's technology department is incompetent. It turns out that the main problem for students trying to get good reception in their dorms is really themselves.

A major reason for having a poor signal is that personal routers are blocking the signal of the school's network. Although students have been asked to turn them off, many of routers are still on.

"It's like radio interference," says Clarke Network Administrator Andy Bellings. "If you have two radio signals broadcasting on the same station, one of them is going

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## Clarke Universi...tree?

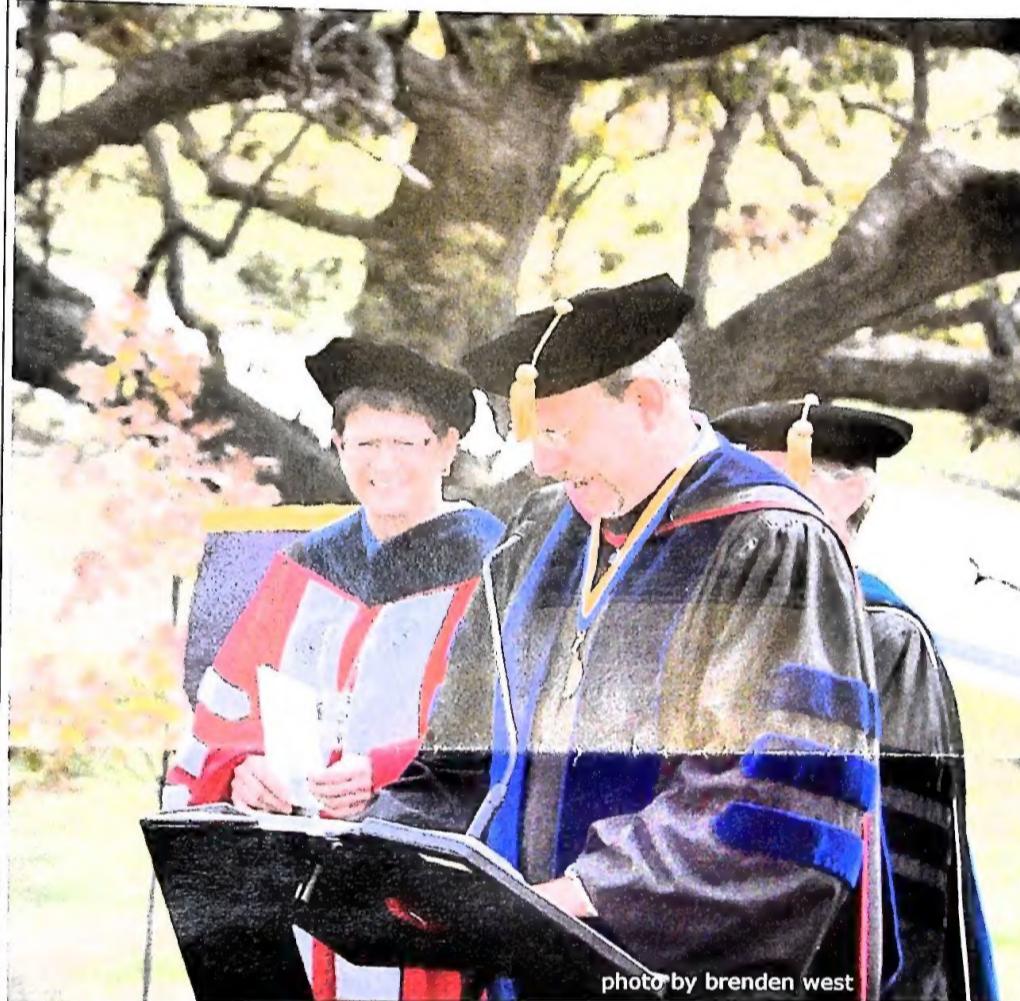


photo by brenden west

Norm Freund, associate professor of philosophy, addressed students along with President Joanne Burrows (left) and Provost Joan Lingen on Wed. Sept. 15, at the annual tree planting ceremony. Story on Page 2.

## Homecoming traditions included Blind Date List

molly mccormick  
staff writer

Parades, dances with Loras, a queen coronation, and a blind date list: These are things you might never connect with Clarke's Homecoming, but in fact, they were things students once looked forward to during homecoming week.

This year, festivities will take place Oct. 1-3. Katie Bahl, director of Alumni Relations, says planning for homecoming starts right after the previous homecoming has ended. Save the date letters are sent in the spring and following that are numerous emails, mailings, invitations, and reminders on facebook. This allows alums plenty of time to free up their weekend and head back to Clarke.

This year, the class of 1960 will celebrate its 50<sup>th</sup> reunion, while the class of 1985 is celebrating its 25<sup>th</sup> reunion. So thanks to the help of the Clarke Archives and old copies of the Courier, here are some traditions from homecoming 1960 and 1985.

In 1960 the theme was "De-bell the Bees" and Clarke and Loras celebrated homecoming



together. Three homecoming queens were chosen each year among the classes and represented Clarke at the joint homecoming. Loras and Clarke students were also responsible for decorating Loras's field house fence. Lastly the Social Relations Board created a blind date list that was available for both Loras and Clarke students who wanted to participate in homecoming.

In 1985 the homecoming theme was "Hooray for Hollywood," and, like our homecoming today, they had a soccer game versus Loras that year and a student dance at the Hotel Julien. There was also a parade downtown. Sara McAlpin, BVM, is in charge of Clarke's Archives, and

during homecoming week, she keeps busy getting things ready for the display that is set up in the Library Rare Book Room for alumni. The show features old student directories, catalogs, commencement programs, graduation pictures, Couriers, and the "Labrium," an old literary magazine. One of the things that McAlpin is including in this display for the class of 1960 is old chemistry scrapbooks made by Marguerite Neumann, BVM. Neumann was a chemistry professor who kept scrapbooks dealing with anything chemistry-related: meetings, speeches, and events the students were involved in. There are a few new things for this year's home-

See "Homecoming" Pg. 2

# CAMPUS LIFE

September 23, 2010

## Convocation Marks Official Beginning of Clarke University Classes

brenden west  
editor

Students gathered outside of Clarke's Atrium building Wednesday, Sept. 15, as they waited for faculty and upperclassmen to shepherd them across the street for the annual Convocation ceremony. Few knew exactly what to expect. While the event has its traditions, each year the ceremony takes on a different theme. This year, the speaker praised the many resources Clarke has to offer.

At 11 a.m. the academic procession began as Kathryn Sutton, chair of the Faculty Senate, led students to Terence Donahue Hall.

President Joanne Burrows, SC, then proceeded with her introductory remarks. "It is our first year as Clarke University," said Burrows. "New students, faculty, and staff, you have made a smart choice in choosing Clarke. We are dedicated to do the best of our ability to help you succeed."

Burrows was followed by biology department chair Michelle Slover, last year's recipient of the Meneve Dunham Award for Excellence in Teaching. Slover's speech drove home the theme of the event: resources. She began by holding up a toothbrush and baking soda to demonstrate that we need certain tools to do certain things. "Don't be afraid to ask for help," Slover said.

"Every person you meet has the potential to add to your resources."

Class presidents Becca Bahl ('11), Luke Wilson ('12) and Ian Hart ('13) gave speeches in response to Slover's, each stressing the importance of getting involved at Clarke. The Clarke Collegiate Singers then took the stage, and the Tassel Ceremony (in which the Cornerstone faculty hands out graduation tassels to the new students) took place.

When Convocation concluded, students were directed behind Mary Josita and Mary Benedict halls for the annual tree planting ceremony.

"For more than 100 years we have planted and named trees in honor of our graduates," said Norm Freund, professor of philosophy, as he addressed the crowd. "Today, the tree planted four years ago by the class of 2011 will be named by those graduating next spring. Like the students it represents, it has grown strong and sure these past few years."

The class of 2011, led by Becca Bahl, took the microphone and announced the name of the tree: "Univers-i-Tree." A group of freshmen then planted the new class tree. It was blessed, and the crowd for the 2010 Convocation Ceremony disbursed, signifying the start of the new academic year.

## Wireless, continued from page 1

to beat out the other."

Basically, Clarke's signals are trying to fight through student signals but can't because the student routers are actually inside their rooms.

It is especially difficult in the student apartments. The Clarke routers are in the hallway, but since the apartments go six-rooms deep, it's nearly impossible for the signal to get there, especially with personal routers on. Unfortunately, students in the last three rooms in the apartment likely do not get any signal.

"It is really frustrating to have to move to another room to check my emails or get on Blackboard," says sophomore biology major Nathan Powell. "Hopefully they can find a way to figure out the problem soon."

"Another big issue is the use of all wireless devices on campus, not just routers," says Senior Network Administrator Nathan Gilmore.

"New laptops, wireless printers, and smart phones with WiFi capabilities all have an effect on the school's network and how it behaves."

Bellings adds, "Over the summer, we do all the testing to make sure we have a signal everywhere. But when students come back and bring all kinds of devices that we can't test with, then problems occur."

The Wireless Internet is a big issue for the network administrators at Clarke.

"Wireless is a major issue for us," says Gilmore. "I don't think Andy and I go an hour without talking about wireless."

As the school continues to move online with myInfo, Moodle, and Blackboard, the need for a solid network continues to grow.

"I needed to do homework and it took forever to download," says senior business major Matt Carlson. "It was frustrating. But once I finally got on it went fairly smoothly and wasn't too slow."

"I know it isn't great here, but it's better than home," says sophomore athletic training and physical therapy major Mary Collier. "My parents are old-fashioned in many ways, and we don't have wireless, so I can only access the Internet from one spot. At least it actually works."

The wireless network is always improving, but there is only so much that can be done with a restricted budget. The best way to increase your signal is turn off any device that emits unneeded wireless signals.

In the mean time, Clarke is offering free Ethernet cords for all students. Simply go to Keller Computer Center and ask for a free Ethernet cord and they should give you one for free with absolutely no hassle.



### Tree Names from Previous Years

**1910** - "Penelope" Named for the wife of Odysseus from Homer's "Odyssey"

**1942** - "MacArthur" Most likely named for the WWII general

**1971** - "Son of a Bush" A maple tree named as word play on an expletive

**1979** - "Tree-2, Dee-2" Named for the famous "Star Wars" character

**2004** - "Hero" Referring to remembering the heroes of 9/11

**2009** - "The Thinking Tree" Clarke teaches students to think for themselves

## Homecoming, continued from page 1

coming, first is the use of a theme; Clarke is no longer doing themed homecomings. It is now sticking to Clarke-related things, like Blue and Gold, this year's slogan. Another new addition is the Musical Theater Event at 7:30 p.m. in Jansen Music Hall. This is a fundraising event for the drama and music departments. Mike Cyze, executive director of communications and Andy Schroeder, major gifts officer, will be the MC's and you can see many previous alumni acting out some entertaining skits. "I always look forward to homecoming," said Katie Bahl, Director of Alumni Relations. "It's exciting to see alumni and friends come back and see how the campus has changed and how Dubuque has changed since they were last here." Two of the many alumni coming back are receiving the distinguished Alumni Award for this home-

coming. Mary Kern Manning, Class of '58, is receiving the Outstanding Achievement Award for going back to school to become a lawyer at the age of 48 and now is practicing family law in Chicago. The other distinguished alum is Judy Conway, Class of '59, who is receiving the Humanitarian Service Award for her various rolls in Quito, Ecuador and for her volunteer work in her New York community. "I love to hear stories from their time at Clarke, and hear how they have created impact in them," said Bahl. "While many things have changed on campus, (going co-ed, and changing to Clarke University) it is still a great to see them realize it is still a fantastic place. For additional homecoming information and to see Clarke's full homecoming schedule please visit www.clarke.edu/homecoming.

## Homecoming Weekend Schedule of Events

Friday, October 1	Noon-4 p.m. Residence Hall tours
3 p.m. Campus Tours	1-3 p.m. Trolley Tour to Mt. Carmel
5-9 p.m. Golden Dinner	1 p.m. Women's Soccer Game
7-9 p.m. Silver Reception	1-5 p.m. Alumni Tent Party and Carnival
9 p.m.- Midnight Clarke and Loras Reunion Party	3 p.m. Men's Soccer Game
Saturday, October 2	4:30-5:30 p.m. Clarke Alumni Chapel Choir
8:30-11 a.m. Registration	5:30 p.m. Celebration of Mass
9 a.m.-5 p.m. Alumni/ Student Art Sale	7:30 p.m. Musical Theater Event
9 a.m.-5 p.m. Dig through the Archives	9-11:30 p.m. Downtown Saturday Night
9 a.m. 50th Reunion Gathering	
10 a.m.-12:30 p.m. Cuttie's Camp	
10:30 a.m. Alumni Recognition Brunch/ Campus Tours	
Sunday, October 3	
11 a.m. and 12:30 p.m. Alumni Soccer Games	
11:30 a.m.-1 p.m. "Meet me in the Caf!" Brunch	



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Mary Kern Manning, Class of '58, is receiving the Outstanding Achievement Award for her service to school to become a lawyer at the age of 18. She now is practicing family law in Chicago. Another distinguished alum is Judy Conway, Class of '58, who is receiving the Humanitarian Service Award. She has received various roles in Quito, Ecuador and has been involved in her New York community. She feels that even though these goals may be achieved, it is causing us our ability to have good hearing years from now.

Erin Daly, sophomore majoring in religious studies, feels that students listen to their music loud because they want to go into their own world or because their choice in music sounds better when it is cranked up. While she does not listen to her music full blast, there are exceptions. "The only time I listen to my iPod full-blast is when I'm riding in the car with my family," she said.

However, some feel that this is not a major issue. Hannah Rhomberg, a junior majoring

in nursing, feels that anyone who owns or buys an iPod knows the risk that it brings.

"I think it's kind of a ridiculous report," she said. "Of course this is affecting their hearing in the future, but making it a national problem isn't going to change anything. You can educate kids about loud music the same way you can educate them about smoking and drugs; it's not going to prevent them from doing it."

Roberta Lavin, chair of the Clarke nursing department, has a take on the situation. "People play the volume high for multiple reasons," she said. "I suspect the primary reason is because it brings them pleasure. However, the bud-style earphones do not cancel out external sound and thus must be played louder to get the same effect as noise-cancelling headphones that are worn on the outside of the ears."

When asked about her views on Apple being sued by iPod users, Lavin not only gave her opinion but had an idea for an application to help reduce hearing loss. "I have three iPods so I am a big fan," she said. "The one in my office is attached to external speakers; however, when I'm in the gym out come my ear buds. In the end, we are all adults and we know that we do things that have adverse health consequences. We have to make a decision on whether the risk is worth the pleasure. It helps if we consider that the risk will follow us into old age. Once you can't hear, you can get rid of the iPod."

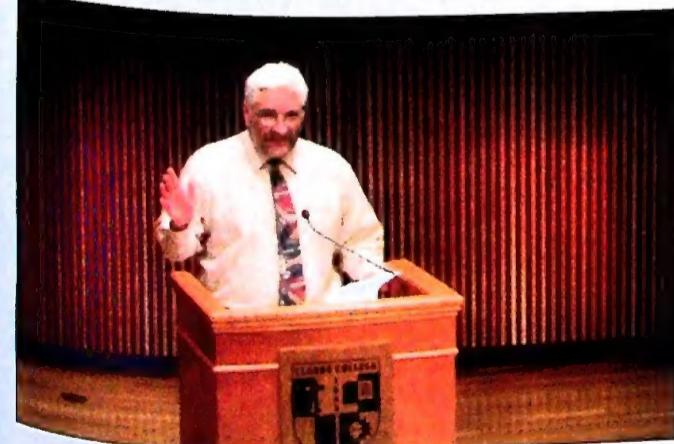
Lavin concludes, "It would be nice if Apple could make an app to set a volume that would not exceed 80 decibels, or put a restriction on the volume for people under 18 so they still have a good portion of hearing left when they become adults."

Tim Boffeli, chair and associate professor of psychology, has his own take on why students and the young generation decide to have the music loud. "The sympathetic nervous system is our activating or energizing system," he said. "Loud music is stimulating to the sympathetic system. As a primitive system, sympathetic activity is in charge of our fight or flight responses. If the sympathetic system is highly activated, then more adrenaline is pumped into the blood stream to activate the body. In most circumstances, though, music pumps us up to face the day or challenges."

Boffeli added, "For students, listening to music is very pleasurable and rewarding. But listening to music while studying is a potentially a dangerous combination. From a pleasure perspective, our brains are much more likely to pay attention to fun stuff than bookish material. Students who performed poorly on a test will say 'I studied all night.' While in actuality, they studied all night with Lady Gaga and Lil Wayne blasting in the background."

## Speaker pushes students to actively strive for peace

Heather Jansen  
Staff Writer



Ken Butigan speaks on peace in Jansen Music Hall Tuesday  
Photo by Heather Jansen

Peace. It is a word that has the power to pull millions of people of differing genders, races, religions and social classes together to stand for a similar issue. Peace can make a difference if we let it. The Clarke campus had the opportunity to participate in this difference and, in an attempt to

educate its community members, faculty, staff, and students, Campus Ministry hosted a speaker on Monday, Sept. 20. Ken Butigan is a dedicated peace educator and activist from Chicago. He is a member of the Pace e Bene, a determined group of individuals who work for peace, justice and dignity for everyone all over

the world. The group strives to educate people through workshops and programs to encourage change through nonviolent means. Butigan has directed the group's "From Violence to Wholeness" program and is also the author of several books.

September 21 is a day dedicated to a global movement for peace. The United Nations' International Day of Peace is a day set aside to accomplish this phenomenon globally. Butigan spoke of this day as a "global cease fire." He wanted us all to entertain our minds with the questions: "What does this mean to me? What does it mean for me to put down my gun?"

Through Butigan's personal experiences and the invitation for audience participation, the audience in Jansen Music Hall was inspired to answer this personal question and dissect the word "gun." The audience determined that "putting down our guns" is an attitude that is rarely socially acceptable as a way

of life or, simply put, it is too hard for us. Butigan said that it is these attitudes that we need to change.

"We must create an environment or culture of life and be active in it in order to establish trust between one another," said Butigan. He established a sense of hope that nonviolence is possible and within reach of us all through his accounts of his experiences in jails, protests, and his success stories of establishing peace among even gang members.

"The fact that there are people working for peace who haven't given up and are pushing to work this out can and should make people feel better," said Jill Sieverding, a sophomore music education major.

At noon on Tuesday, Sept. 21, millions were encouraged to stop and individually pray for peace. Clarke's Cantabile Singers entertained the Clarke community with a special performance in the chapel. Individuals in the Dubuque

area participated in this city-wide celebration of this day of peace.

"I am delighted that the city has taken on this challenge of creating a culture here in Dubuque. This is a great opportunity for Clarke to be a part of," said Amy Golm, BVM, director of Campus Ministry. "We will have to remember to do this in the future."

Butigan urged his audience through his passionate storytelling to believe that nonviolence and reflecting on how we can "put down our guns" is a "difficult, challenging, beautiful, emotional, creative, and active experience."

"Time is not enough," he said. "It is people like us where the change starts and our most powerful language is our bodies. Exercise this power!"

For more information on International Day of Peace and the movement for "A Million Minutes for Peace" visit [www.amillionminutesforpeace.org](http://www.amillionminutesforpeace.org)

# CAMPUS LIFE

September 23, 2010

## Education students travel to center of the world

**lisa gibbs**  
staff writer

A group of students traveled 3,034 miles from Clarke University to the center of the world, Quito, Ecuador this past summer. The students traveled to live and volunteer at the Working Boy's Center.

The students are pursuing careers in teaching and the main focus of the trip was in the classrooms with students interacting and teaching.

"I was nervous that I would not be able to teach students the lessons with the very limited Spanish I had, but the lessons went fine and the students were excited to learn," said junior Brittney Duschner. "Being able to successfully teach students in another language really encouraged me that I will be able to teach as a career."

The students from Clarke were Courtney Berendes, Lisa Foley, Brittney Duschner, Lisa Gibbs, Lindy Stauffer, Shannon Ford, Amanda Fleege, Gabrielle Sullivan, and Kendra Kirk. Four chaperones who also traveled to Ecuador were Paula Schmidt, Michele Vosberg, assistant professors of education; Mike Hyland, instructor of education, and his wife Deb; and Sheila O'Brien, BVM, associate professor of Spanish. There was also a special guest, a native of Ecuador, Dan Ward. Dan is from Dubuque and attends Saint Mary's University of Minnesota.



photo by lisa gibbs

Clarke student Courtney Berendes teaching in Ecuador.

shoes, he decided to give them a place to belong, learn, and grow. The government in Ecuador only requires education until the sixth grade. At the Working Boy's Center the students go to school until sixth grade and then they have a decision to make, which trade to learn. The trades vary from baker, seamstress, woodworker, mechanic, beautician, and food service worker.

new," said Vosberg. "I am always impressed with how hard Clarke students work to help others."

Clarke students understood body language and gestures were a means of mutual understanding. "The students were so excited to learn and were very patient with us for not knowing or understanding lots of Spanish," said junior Lisa Foley.

Not only did the Quito students work on books, but Readers Theater was also introduced. Readers Theater is a play-type format, reading back and forth, with added emotions and expressions. The students loved the performances and could not wait to practice and perform.

"I was glad to see how well they did and how excited they were about reading when doing Readers Theater," said senior Courtney Berendes. The Quito students wanted more Readers Theaters to keep performing.

Creative ways of teaching were introduced by Clarke students, including hands-on games such as card games, math bingo, beans, flash cards, and beads. "They loved the math lessons so much that they wanted to stay in from recess to work on math," said junior Kendra Kirk. "I thought that was amazing." Clarke students saw that the children loved the games because they were interactive and the students were engaged.

"The most meaningful part of the trip was interacting with the children during physical education," said senior Shannon Ford. "No matter what activity we did, they always craved our attention. Whether it was encouraging and complimenting them, or just giving them a hug or a high-five, I could tell that it meant the world to them."

Not only in the classrooms did Clarke students teach, physical education was also enjoyed outside. They played games with the materials Clarke students brought, including Frisbees, volleyballs, and soccer balls.

Tied in with teaching, the group visited a native Ecuadorian school where the students were being taught about their cultural history by learning about nature and the Earth.

"The Ecuadorian teachers give their students

hand-on experiences by teaching through nature," said senior Amanda Fleege. "This is exactly what Clarke emphasizes everyday."



Brittney Duschner teaching hands-on math games.

in the classroom."

Teaching was the highlight, but shopping and sight-seeing were worked into the trip schedule. Clarke students shopped in Otavalo, the native market filled with colorful goods for souvenirs for family and friends. The group traveled up the mountainside and hiked on the Andes Mountains at an altitude of 14,000 feet. From the mountains to the Equator, students were able to put on foot in the Northern and Southern Hemisphere at the same time.

They were able to watch the water flow in clockwise rotation when looking to the north and then look to the south and watch the water flow counter clockwise.

The souvenirs such as native artwork, scarves and alpaca blankets will be a good remembrance of the trip. The smiles and hugs Clarke students received from the children so eager to learn will not soon be forgotten.

The trip to Ecuador, through the education department, is made every two years.

"I would encourage every student to take a risk, to stretch themselves and to visit another place and another culture," said Michele Vosberg. "Travel changes your world view and in doing so, changes your life. It sounds like a cliché to say that a trip like this is life changing, but for many, I believe it is."

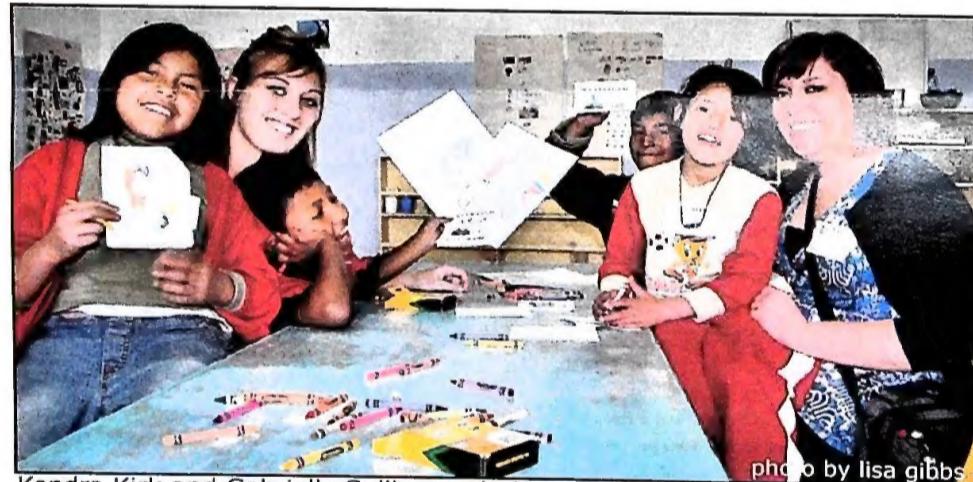


photo by lisa gibbs

Kendra Kirk and Gabrielle Sullivan coloring with the students.

"I enjoy watching Clarke students stretch themselves and move out of their comfortable environment to try something

Tied in with teaching, the group visited a native Ecuadorian school where the students were being taught about their cultural history by learning about nature and the Earth.

"The Ecuadorian teachers give their students

said Kachlik. "They're dangerous too! He was playing with them (stretching them out while they were on his arm), and one snapped and left a mark."

So there you have it. Silly Bandz: a new fashion, and, yes, maybe a ridiculous fad.



<http://www.lilaccessories.com>

## Silly Bandz: Expressions of your inner child?

**kristen koester**  
staff writer

Don't deny your inner child--Embrace it! Silly Bandz are an easy way to entertain yourself and others. Silly Bandz are fun, stretchy wrist bands that are shaped to form different things: zoo animals, fruits, tropical animals, sport team mascots, texting words, farm animals and many more fun things. They are colorful and some even glow in the dark.

Before Silly Bandz were the latest fashion fad, they were just nameless rubber bands. They were designed in Japan by a man who wanted to stop people from throwing out rubber bands by creating the environmentally friendly animal designs to encourage people to recycle them instead. Before long, these creative new products were discovered by 47-year-old Robert Croak who had them turned into Silly Bandz.

Alyssa Gantzert, senior psychology major

first heard about Silly Bandz from the incoming freshmen. She was a tuckpointer this year and she discovered it was the new fad for everyone. She then went to Wal-Mart and bought some because she thought they looked pretty cool.

"My favorite was a seahorse but I traded it with someone for the dinosaur," said Gantzert. "I think Silly Bandz are just kind of fun and different. Yeah, it might seem like I am 5 years old but we all still have a little bit of kid left in us."

Alyssa said her first Silly Band was a green shark. She likes that there are so many bright colors and that they can change her mood when she looks at them. Alyssa has a total of four Silly Bandz: a shark, a strawberry, and a pear and as well as a dinosaur.

Takara Harden, senior sport management major, was intrigued by Silly Bandz this

summer when she saw other people wearing them. She got her first Silly Band from a friend at Clarke but then decided to buy a pack of her own. Takara's first Silly Bandz were a penguin, a banana and a pineapple. She wears them just for fun and she admits that she has about 10 or so of them. She said her favorite one is her penguin because it looks funny, and adds, "I can't wait to get a ninja-shaped one!"

Kristin Kachlik, junior physical education, major was not all that excited when she went home for a weekend and her nephew gave her her first Silly Band, which happened to be the Disney character Goofy. She has a total of four now, which are all Disney characters which she feels the need to wear around her nephew but not so much anywhere else.

"It wasn't all that exciting for me, but he sure was happy to share so I played along."

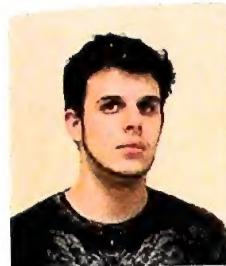
# OPINION

September 23, 2010

5

## Bad Romance: How to Ruin Your Wedding Before it Even Arrives

pete dudek  
a & e editor



Relationships are all around on campus. In college, relationships generally take a turn for the more serious, and a small handful of you will take the next step. Guys, this "step" is closer to a leap; there's no turning back. Think it out; there's a lot to consider. There are good boyfriends and bad boyfriends, and the next stage, being a fiancé, is no different. Here are five simple rules to being an absolutely terrible fiancé to your bride-to-be.

### 1. Botch the proposal

She is expecting something big and elaborate that includes a big speech and getting down on one knee in a romantic setting. She wants something that she'll remember for the rest of her life. Skip the speech, the flowers, the dinner, and just ask her while you're watching TV.

### 2. Suggest eloping

Chances are if your fiancée is any type of woman she has

been thinking/dreaming/planning her wedding with her friends since about the age of four. While it would make the wedding a whole lot less expensive, it also ruins the fairy tale she's been dreaming up for the past 17 years or so. Go to Vegas or the courthouse for a quickie wedding. The marriage isn't official till you go to the courthouse anyway; it's killing two birds with one stone.

### 3. Make "I don't care" your new catchphrase.

Despite the wedding being all about her, she will ask your opinion on things such as flowers, who to invite, color scheme – the list goes on. It doesn't matter what she asks; it is a trap regardless. She already knows what she wants and is looking for you to agree. But saying "I don't care" puts more stress on her to make her special day perfect. Chances are pretty good that you really don't care if the flowers are tulips or roses or if the colors are silver or pink, but vocalizing your lack of interest gives the impression that you don't care about her. Besides, she's also going to change her mind so, regardless if you agree or not, it will change.

### 4. Insist on helping to select the dress

The one thing she should have absolute control over is the

wedding dress. However, you want to make sure she looks good and best represents you. After all, you are the one marrying her. She doesn't really know what she wants, so lend a helpful voice. As men, we want the dress to show a little skin; the dress should say, "Yeah, I'm pure, but I'm also coming off tonight."

### 5. Say "Forget the DJ, I have a Zune"

Music is an essential part of every ceremony and reception. The ceremony isn't difficult: "Canon in D," "The Four Seasons," and insert old classical composition here. However, it doesn't cost money to have music at the ceremony unless you're going with an organist/singers/etc. Why should you pay \$1000 to have some stranger pick music for your reception? Surely your collection is of greater quality and appropriateness for the occasion. This way you have your personal favorites and a few surprises for your guests. The bride is going to want a so-called "professional" to decide the perfect bouquet and garter toss songs. She's getting married, she's hysterical and doesn't know what she's talking about.

If you can manage to pull off all five of these and still get married you are a god amongst men.

## Taking advantage of flu shot clinic could raise your grades

catherine savitch  
staff writer

Every year sickness strikes college campuses. So if fear of a runny nose, fever, aches and pains and a sore throat aren't enough to make you get a flu shot, consider that a recent study found that college students who got flu shots got higher grades—mainly because they missed fewer classes.

In a study reported on the ABC news website, researchers conducted an online survey

at the University of Minnesota which showed that with a flu shot, "in addition to the 30 percent reduction in flu illness, vaccinated college students were 47 percent less likely to visit a doctor for flu, 32 percent less likely to miss class and 47 percent less likely to do poorly on a test."

Clarke is offering students, faculty and staff, as well as family members and friends, a single shot that protects against seasonal flues as well as H1N1. The Flu Shot Clinic will be in the Gallagher Lounge in the Kehl Center Oct. 19, 11 a.m. – 2 p.m. The cost is \$28.

According to a recent National Public Radio story, every year about one in four college students gets the flu. It goes on to mention that many students are not aware of how bad an outbreak of the flu can actually be:

**See "Flu Shot" Pg. 8**

# Clarke university COURIER

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## DUBUQUE'S got SISTERS

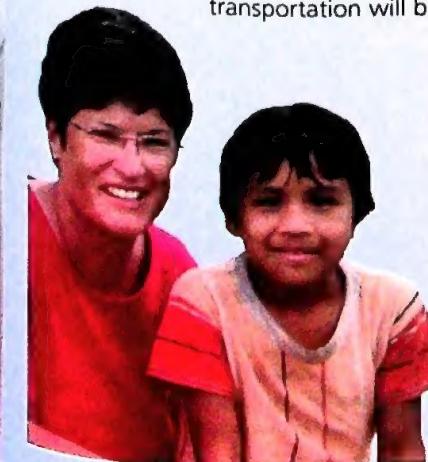
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**Are you interested in checking out religious life?**  
Then join us for a 24-hour tour of four tri-state area convents to share life through praying, dining, and storytelling. Local transportation will be provided, and there is no fee to attend.

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**To register or for more details,**  
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clarke courier



# SPORTS

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September 23, 2010

## The Fabulous Freshmen Feature

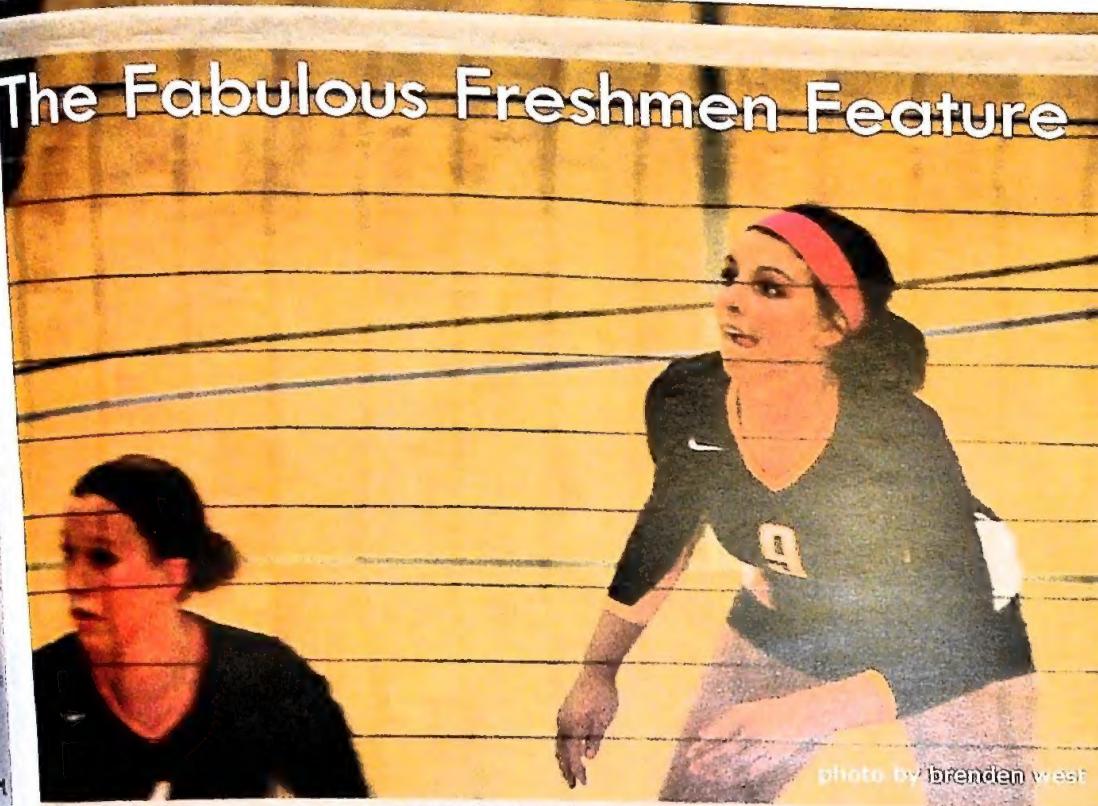


photo by brenden west

Freshman volleyball player Betsy Nauman covers the block with sophomore Shannon Gallagher vs. UD.

samm mammoser

staff writer

The beginning of the year brings in a new Clarke freshman class full of athletes. About 56 percent of the freshman class are athletes, and a third of those athletes are already in season. Women and men's soccer, women and men's volleyball, cross country, and golf are all in full swing.

Women's soccer has started its season with a bang, winning in Minnesota and maintaining a 3-3-1 record. This year the women's team has seven freshman: Abby Willich, Brittany Sula, Andie Bruce, Rachael Wenberg, Lydia Sixta, Brittany Sova, and Katie Sebastian. Both Abby Willich and Katie Sebastian have netted goals for the team, while Rachael Wenberg has been a stalwart in the back. All the women have a long background in soccer, playing for many years and attending many tournaments.

"You spend all fall going to every college search tournament your parents will pay for," freshman psychology major Brittany Sova remembers. "My team went to Saint Louis, Tennessee, Maryland, San Diego, Orlando, and North Carolina. It's all about getting spotted so you can keep play -

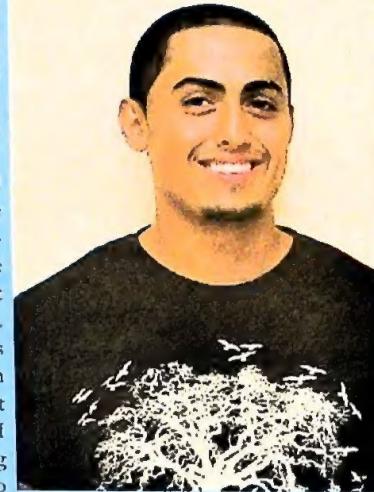


Freshman soccer player Brittany Sova

The men's soccer team has a roster of 26 players this fall, six of whom are freshmen. The freshman class is led by the Swedish international, Mathias Hollaus and includes Alex Gudenkauf, Austin Myers, Ethan Abney, Bart Mazurek, and Austin Law. With the return of many key players and the addition of the new players, the Crusaders have beaten their rival, University of Wisconsin-Platteville, and other Division III teams such as Lawrence University and Hamline University. Both Hollaus and Mazurek see a lot of the field, with Mathias starting in the back and Mazurek playing up top. Mazurek has one goal and an assist on the season so far.

## Column: Football awakens familiar feelings

andre navarro  
staff writer



As we all know, the highly anticipated NFL and NCAA football seasons have finally arrived. To some, it is not that big of a deal. For others, it provides reasons to bring out that jersey and favorite cup holder.

Some are putting football season in the back seat because their baseball team is in a pennant race. But if you are like me, football season could not have come around any sooner. As many of you know, there is nothing worse than having high expectations for your team just to have it let you down, and I know I am not alone among baseball fans when it comes to this unfortunate circumstance.

Bryan Mccray, a freshman marketing major from Chicago, is a Green Bay Packers fan, which has given him something to cheer about for this upcoming NFL season. "This season gives me hope because I know the Packers have what it takes to win the Super Bowl," he said. "It makes me feel a lot better about the Cubs having such a disappointing season; watching Sportscenter will not be as painful anymore."

Living in the Tri-State area and with the diversity of students on campus, you will hear people at Clarke cheering for a variety of teams. Whether it is college or the pro, football is spreading hope and excitement throughout campus.

Of course you have people like me who have completely lost hope in our favorite team finding ourselves counting down the days for baseball season to end, hoping that college and NFL will revive the inner sports fan in us. I am hoping USC (University of Southern California) and the San Francisco 49ers can spark the light that baseball put out. Of course there are those fortunate fans whose baseball teams are in the middle of a pennant race. So for those people, well, lucky you; not everyone will be as fortunate. Some call them "front runners," but that is not up for discussion.

Rolando Sanchez, junior communication major from San Diego, is rather content with the performance of his teams. He is optimistic the upcoming college football season will keep that smile on his face for a little bit longer. "The Yankees rarely let me down so I am content through October," Sanchez said. "When it comes to college, I am a huge USC fan, so for the most part I am happy year round when it comes to sports."

Mary Ellen Herbst, Switchboard Receptionist in the Atrium, is an avid sports fan, especially baseball and football. Although her baseball team let her down, she is quite optimistic about what this year's college football season has in store. "I am ready for the Cubs' season to be over because they are so bad!" she said. "What I am really looking forward to is seeing my Iowa Hawkeyes make it to a BCS (Bowl Championship Series) game, yes!" Unfortunately, the Hawkeyes suffered an early loss to the Arizona Wildcats last Saturday, diminishing their BCS hopes.

So who is to blame for our sports team struggles? Is it the team itself? The city in which we live? If you are looking for an easy way out, try blaming your parents; I mean they did raise you and heavily influence your choice of teams, but good luck with that. Growing up in Las Vegas I did not inherit a team. My father, a Cleveland Browns fan, and my mom, well, remember that front runner thing, yeah that. Somehow I ended up with the San Francisco 49ers and the Cleveland Indians, both dominant teams in their respective leagues. In the 1990s I was accustomed to success and rare losing seasons.

It was not until the turn of the new millennium, at the age of 10, that I truly appreciated college football. Being born in Southern California, you could say I inherited liking USC. Whatever you like to call it, my professional teams' lack of success at the time contributed to me following my college team. It's strange sometimes how sports can spark interests in other sports and how they can impact someone at a young age.

What is not to be overlooked is the role sports plays in society. Other than providing a college education and life-long careers to some, sports unify people of different genders, age, even culture. No matter what time of year, we can all turn to sports for temporary satisfaction, and for some lucky fans, even more than that.

# SPORTS

September 23, 2010

## Bees repelled in home opener

elliot carr  
staff writer

Clarke Women's Volleyball fans have much to look forward to this season. Knocking off the defending conference champion St Ambrose Queen Bees en route to a 8-3 start to the season shows the team is a major contender for an MCC (Midwest Collegiate Conference) Championship.

Clarke defeated St Ambrose 3-1 (25-21, 19-25, 25-22, 25-17), displaying versatility with contributions from several players.

There is something about beating St Ambrose that leaves one extremely satisfied. Maybe it is their success, maybe it is their perceived arrogance, or perhaps even the underlying tension that lingers between the two schools.

"They are a perennial top team in our conference, and beating them is great for the program" said head coach Chris Miron.

Clarke made several strategic moves throughout the match. "St Ambrose keyed on our middles, so we saw the outside was available" said Miron. And available it was, as Miron received a sterling performance from his outside hitters.

It was a night that sophomore Shannon Gallagher is not likely to forget anytime soon, leading the team 14 kills, with several coming in clutch situations. She also contributed 11 digs, in what was a complete all around game. She received strong support from senior Ashley Shields who had 13 kills, while junior Abby Nauman and freshman Meghan Bunyer recorded 10 kills each. Junior Meghan Harrison was also highly efficient with 8 kills, hitting at a percentage of .467. Junior Hannah Grow also had a team high 36 assists.

Defensively, freshman Bersy Nau-

man led the charge with 19 digs, while senior Heather Jansen also helped carry the load with 15 digs. While the match was overall a great success, Clarke was also faced with adversity at times. They lost the second set 19-25, but managed to come out on top in a third set that saw several lead changes. "Everyone remained calm; we were just looking for that extra push" said junior co-captain Hannah Grow. Miron was also pleased with the team's composure under pressure. "I was never nervous, I knew that we were going to get over the line" he said.

This was a very important win for Clarke, one that can give them confidence going into the grind of the conference schedule.

You can catch their next home game on Sept. 28 against Viterbo.

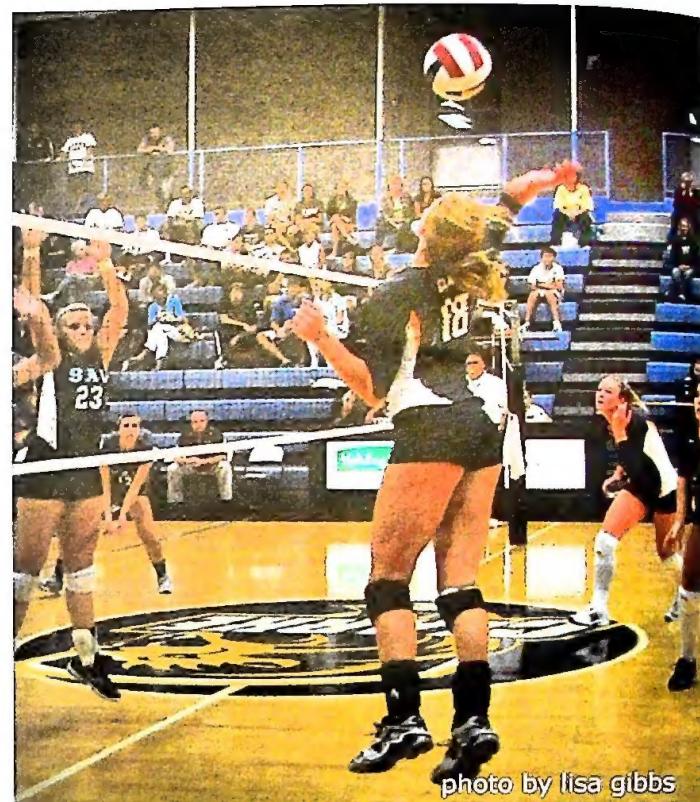
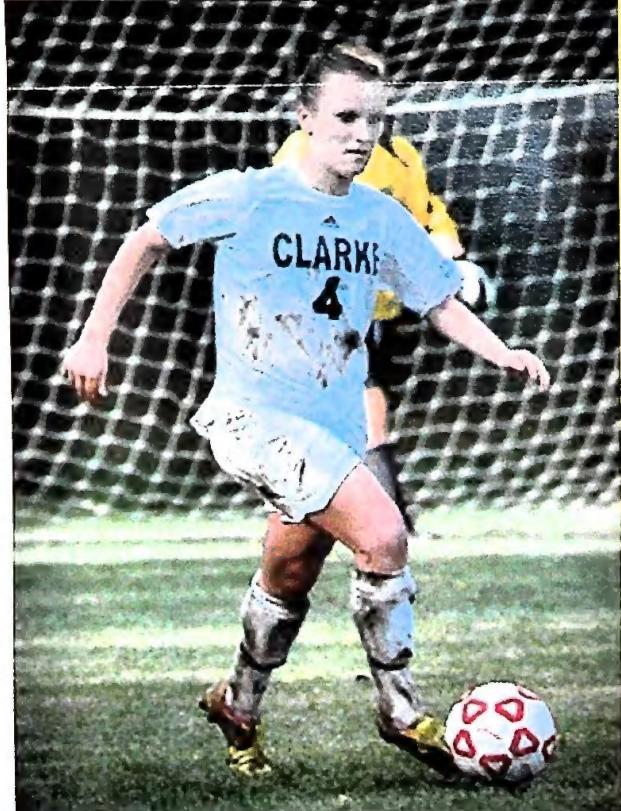


photo by lisa gibbs

Megan Bunyer poised for an attack in Tuesday's game versus St. Ambrose.

## Clarke U Sports Briefs:

tyler oehmen  
sports editor



### Women's Volleyball

Clarke improved to 8-3 overall last Friday beating Cardinal Stritch and Culver-Stockton at Iowa Wesleyan. Ashley Shields was named MCC player of the week powering Clarke through with 42 kills in three matches.

### Men's Golf

Led by freshman Josh Udelhofen, who shot a 151, CU finished fourth overall in the Clarke University Fall Classic, which ended Monday, September 20.

### Women's Golf

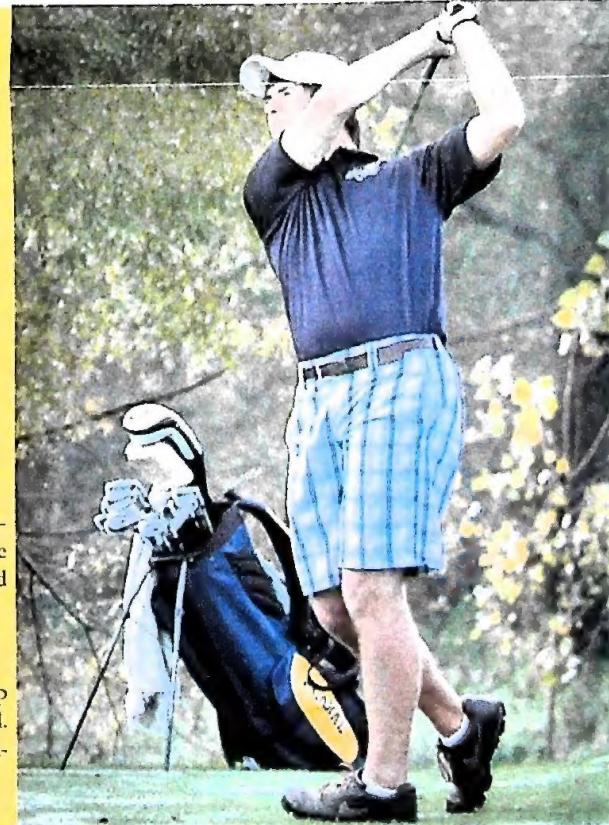
Sarah Oberding shot a 167 and finished sixth place individually at the St. Ambrose University Fighting Bee Classic. At the two day tournament, which ended Sunday, Sept. 19, the team finished seventh overall.

### Soccer

The men's and women's teams were rained out on Tuesday Sept. 21 against Trinity International. The men are 3-4-1, while the women are 3-3-1. Both teams hit the road Saturday to play Waldorf.

### Cross-Country

The men's and women's cross-country teams will jump down to the Quad Cities for the Augustana Invitational. Both teams competed in the National Catholic Invitational at Notre Dame University in Indiana.



## Flu, continued from page 5

"Each year students end up with dangerous cases of bacterial pneumonia that can follow on the heels of the flu. Occasionally, a previously healthy young adult dies."

Tammy Moore, staff nurse at Clarke says, "The flu shot is highly recommended especially for communal living. The flu vaccine is an inactive, killed virus so there is no possible way that the person being vaccinated would get the flu from the vaccine. They

may coincidentally get sick after getting the vaccine but the vaccine is not live."

Flu shots all over the country are being offered for between \$20-\$30. "Since the shots are being offered at the school I believe \$28 is fair and convenient-- I'm planning on getting a flu shot," said Morgan Sullivan, sophomore communication major.

Moore recommends that people call a week in advance to sign up (extension 6374).